

tfd health & fitness – from w/c 5th August **summer class schedule 2019 – version 3**

Monday				Tuesday				Wednesday			
Time	Class	Studio	Instructor	Time	Class	Studio	Instructor	Time	Class	Studio	Instructor
06.30-07.15	vibe cycle	Spin	Michael	09.30-10.00	30 min spin	Spin	tbc	09.00-09.30	core conditioning	Mustang	Jo
08.45-09.30	dynamic pump	Venom	Steffi	09.30-10.30	body conditioning	Mustang	Elaine	09.30-10.00	30 min spin	Spin	Jo
09.00-09.30	30 min spin	Spin	Jo	10.00-10.30	kinesis tone	Spitfire	Damian	09.30-10.30	pilates	Mustang	Claire
09.30-10.00	kinesis tone	Spitfire	Sean	10.30-11.30	yogalates	Mustang	Elaine	10.00-10.45	cardio tone	Venom	Jo
09.30-10.15	konga	Mustang	Jo	12.30-13.00	yogalates	Mustang	Steffi	10.30-11.00	kinesis tone	Spitfire	Claire
09.30-10.30	total body workout	Venom	Blake	18.00-18.45	konga	Mustang	Jo	12.30-13.00	30 min spin	Spin	Steffi
11.00-12.00	yogalates	Mustang	Elaine	18.00-18.45	circuits	Venom	Sean	18.00-18.30	30 min spin	Spin	Claire
12.30-13.00	total body workout	Venom	Alex	18.15-19.15	running club	n/a	Paul/Chris	18.00-18.30	kettlebells	Venom	Alex
17.45-18.30	dynamic pump	Venom	Steffi	18.15-18.45	30 min spin	Spin	Steffi	18.30-19.15	zumba	Mustang	Steffi
18.00-18.45	boxing bootcamp	Mustang	Aliysa	18.30-19.00	kinesis core	Spitfire	Alex	18.30-19.15	insanity	Venom	Claire
18.15-18.45	30 min spin	Spin	Alfie	18.45-19.30	dynamic pump	Venom	Steffi	18.30-19.15	vibe cycle	Spin	Eloise
18.30-19.15	bootcamp	Venom	Sean	19.00-19.45	45 min spin	Spin	Jamie	19.15-20.00	pilates	Mustang	Claire
18.45-19.15	core conditioning	Mustang	Jo	19.30-20.00	kettlebells	Venom	Alex	19.15-20.00	vi-box	Venom	Eloise
19.15-20.00	45 min spin	Spin	Jo	19.30-20.30	fitness yoga	Mustang	Olga				
19.15-20.00	club fit cardio	Mustang	Ema								
20.00-20.45	pilates	Mustang	Aliysa								
Thursday				Friday				Saturday			
Time	Class	Studio	Instructor	Time	Class	Studio	Instructor	Time	Class	Studio	Instructor
08.00-08.45	yogalates	Venom	Steffi	06.30-07.15	circuits	Mustang	Sean	08.30-09.15	vibe cycle	Spin	Michael
09.15-10.00	strong 45	Venom	Lisa	09.15-10.00	dance aerobics	Mustang	Audrina	08.45-09.30	body conditioning	Mustang	Ema
10.15-11.00	zumba	Mustang	Steffi	09.15-10.15	total body workout	Venom	Sean	09.30-10.15	45 min spin	Spin	Blake
11.00-12.00	pilates	Mustang	Christine	10.15-11.15	yogalates	Mustang	Audrina	09.30-10.15	club fit cardio	Mustang	Ema
13.00-13.45	keep fit	Mustang	Ema	10.15-11.00	dynamic pump	Venom	Steffi				
17.45-18.30	dance fit	Mustang	Steffi	17.30-18.15	pilates	Mustang	Krissie				
18.15-18.45	30 min spin	Spin	Noemi	17.45-18.30	dynamic pump	Venom	Audrina				
18.30-19.00	strong 30	Venom	Lisa	18.15-19.00	45 min spin	Spin	Alfie				
18.45-19.15	kinesis HIIT	Spitfire	Damian					Sunday			
18.45-19.30	45 min spin	Spin	Blake					Time	Class	Studio	Instructor
19.00-19.45	dynamic step	Venom	Noemi					09.00-10.00	fitness yoga	Mustang	Julie
19.15-20.15	fitness yoga	Mustang	Julie					09.30-10.15	45 min spin	Spin	Jo
								10.30-11.00	kinesis HIIT	Spitfire	Ash
				Class type code							
				high energy: fat & calorie burn – fitness & toning							
				medium energy: fat & calorie burn – fitness & toning							
				moderate energy: muscle tone & balance							
				low energy: core strength, abs, back care & flexibility							
				weight loss: weigh in & weight loss							
PLEASE NOTE: a charge of £7 per class will be payable by anyone booked in but not attending class. We require a minimum of 2hrs notice to cancel a class booking, so we can offer the place to someone else.								<ul style="list-style-type: none"> • please arrive min 5 mins prior to class start time • your space may be reallocated if you arrive late • provide min 2hrs notice if unable to attend 			